

## 2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

**Table 37: Amount of Moderate and Vigorous Physical Activity Reported on the Previous Day by California Adolescents**

What type of physical activity, exercise or sport did you spend the most time doing yesterday?

How far did you Jog/Run/Swim/Walk yesterday?

For how many minutes or hours did you do this activity?

Was there another physical activity, exercise or sport that you participated in yesterday?

What type of physical activity, exercise or sport was it?

	Reporting 1 Hour or More of Vigorous Physical Activity <sup>1</sup> Percent of Adolescents	Mean Minutes of Vigorous Physical Activity <sup>2</sup>	Mean Minutes of Moderate Physical Activity <sup>2</sup>
<b>Total</b>	<b>26</b>	<b>45</b>	<b>21</b>
<b>Gender</b>			
Males	32 ***	53 ***	27 ***
Females	20	36	14
<b>Ethnicity</b>			
White	31 *	53 <sup>b</sup> *	26 <sup>b</sup> **
African American	25	41 <sup>ab</sup>	14 <sup>ab</sup>
Latino	23	38 <sup>a</sup>	16 <sup>a</sup>
Asian/Other	21	40 <sup>ab</sup>	18 <sup>ab</sup>
<b>Gender by Age</b>			
<b>Males</b>			
12-13	30	53	31 <sup>b</sup> **
14-15	33	50	17 <sup>a</sup>
16-17	34	57	34 <sup>b</sup>
<b>Females</b>			
12-13	25	45	19
14-15	19	31	12
16-17	17	33	10
<b>Smoking Status</b>			
Non-Smokers	27	46	21
Smokers	24	36	23
<b>Physical Activity Status</b>			
Regular	29 ***	48 **	23 ***
Irregular	14	30	10
<b>Overweight Status</b>			
Not at Risk	27	45	20
At Risk/Overweight	27	47	24

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

<sup>1</sup> Chi Square Test

<sup>2</sup> ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001